# ACTIVE PARENTING
# First Five Years™

## SLIDE PRESENTATION

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Active Parenting™
PUBLISHERS
*Every stage. Every step.*

EXTENSION
College of
Human Sciences

# Welcome to Session 1

# You and Your Child

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MAC

I use the best…

and let go of the rest.

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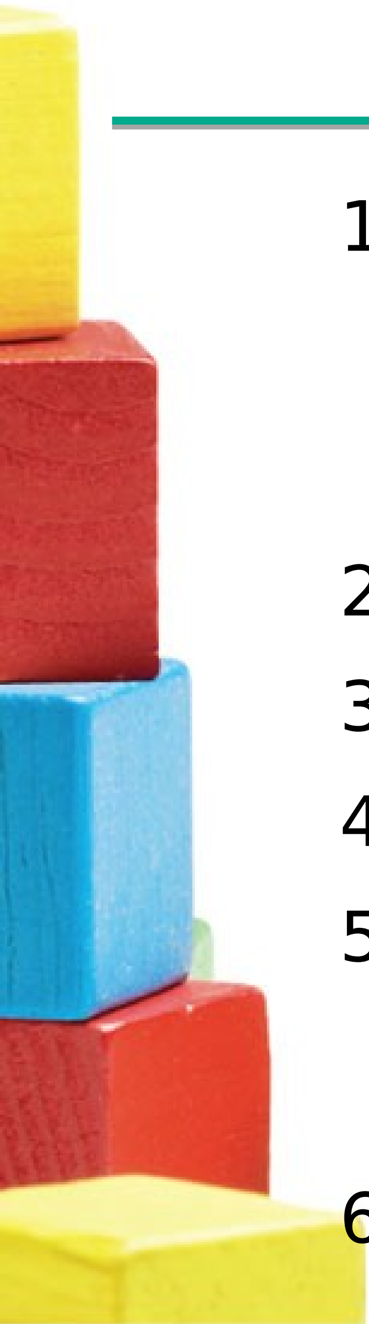

# Ground Rules

1. Be open to learning from other families, even if they don’t look or sound like yours.
2. Be forgiving of yourself.
3. Encourage each other.
4. Be patient.
5. Speak as often as you like, but keep your comments brief.
6. What is shared in this group stays in this group.

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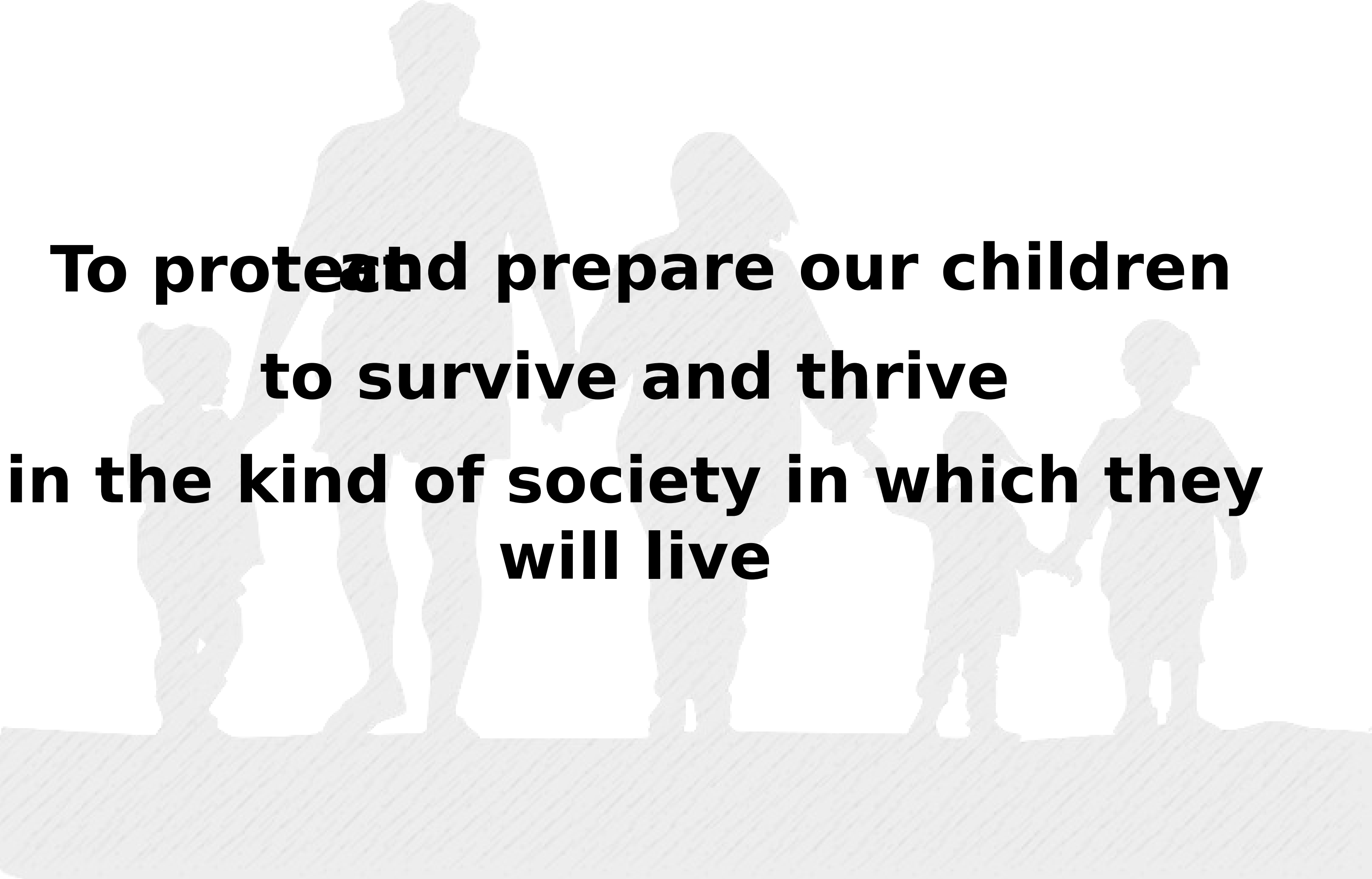
# SESSION 1

Video #1

# Parenting: A Special Job

# The Purpose of Parenting



**To protect and prepare our children**

**to survive and thrive**

**in the kind of society in which they will live**

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# Parent’s Job #1: To Protect

That means making sure our kids…

- Eat healthy food.
- Go to the doctor for check-ups and immunizations (shots that protect them).
- Have safe places to play.
- Are always watched by a responsible adult.
- Are never left alone, especially in a car!
- Are safe from abuse or neglect.

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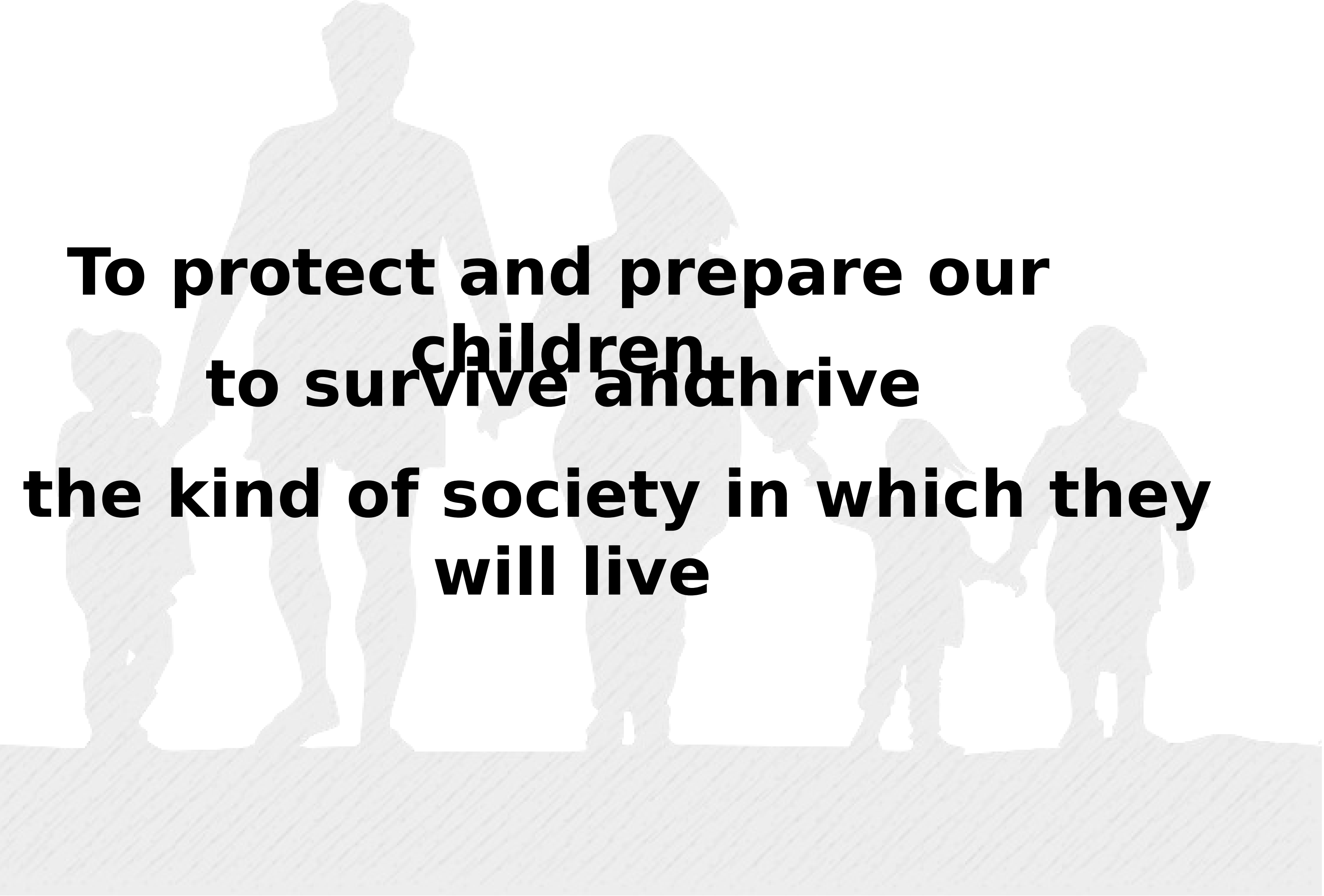
# The Purpose of Parenting



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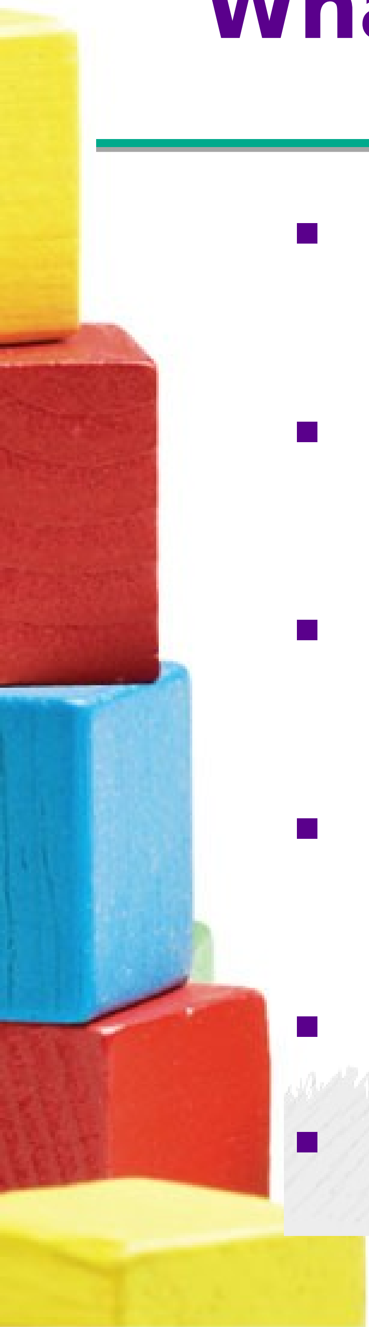
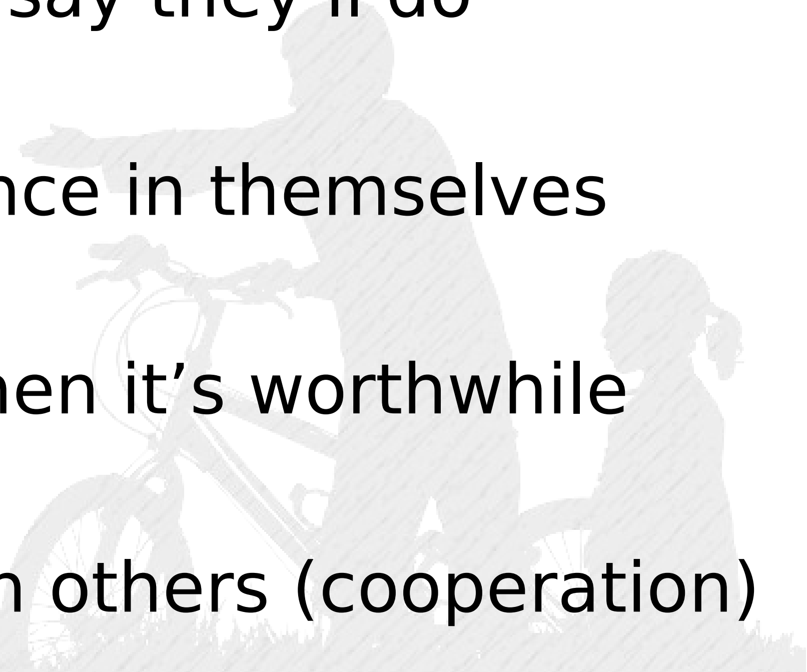
# What Will Our Children Need to Learn?





- How to do things for themselves (independence)
- How to do what they say they'll do (responsibility)
- How to have confidence in themselves (self-esteem)
- How to take a risk when it's worthwhile (courage)
- How to get along with others (cooperation)
- How to solve problems without yelling or hitting (problem-solving skills)
- How to be ready for school (academic

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# What You Can Expect From This Program

- **Information**
- **Skills**
- **Support**
- **A time-out from parenting and some fun**

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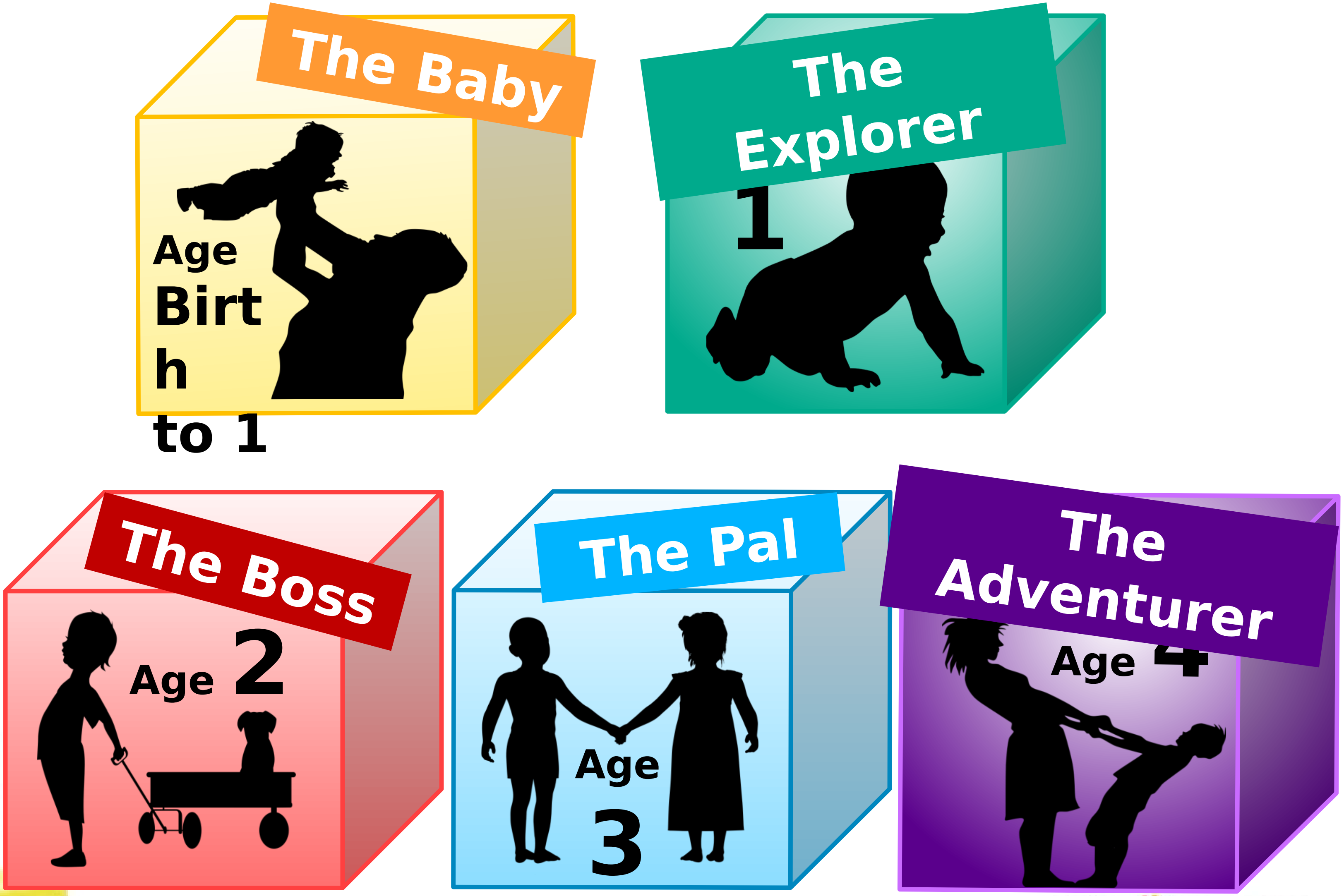
# SESSION 1

Video #2

# Ages and Stages

# Ages & Stages



**The Baby**

Age Birth to 1

**The Explorer**

1

**The Boss**

Age 2

**The Pal**

Age 3

**The Adventurer**

Age 4

# A young child's job is to grow…

Physically

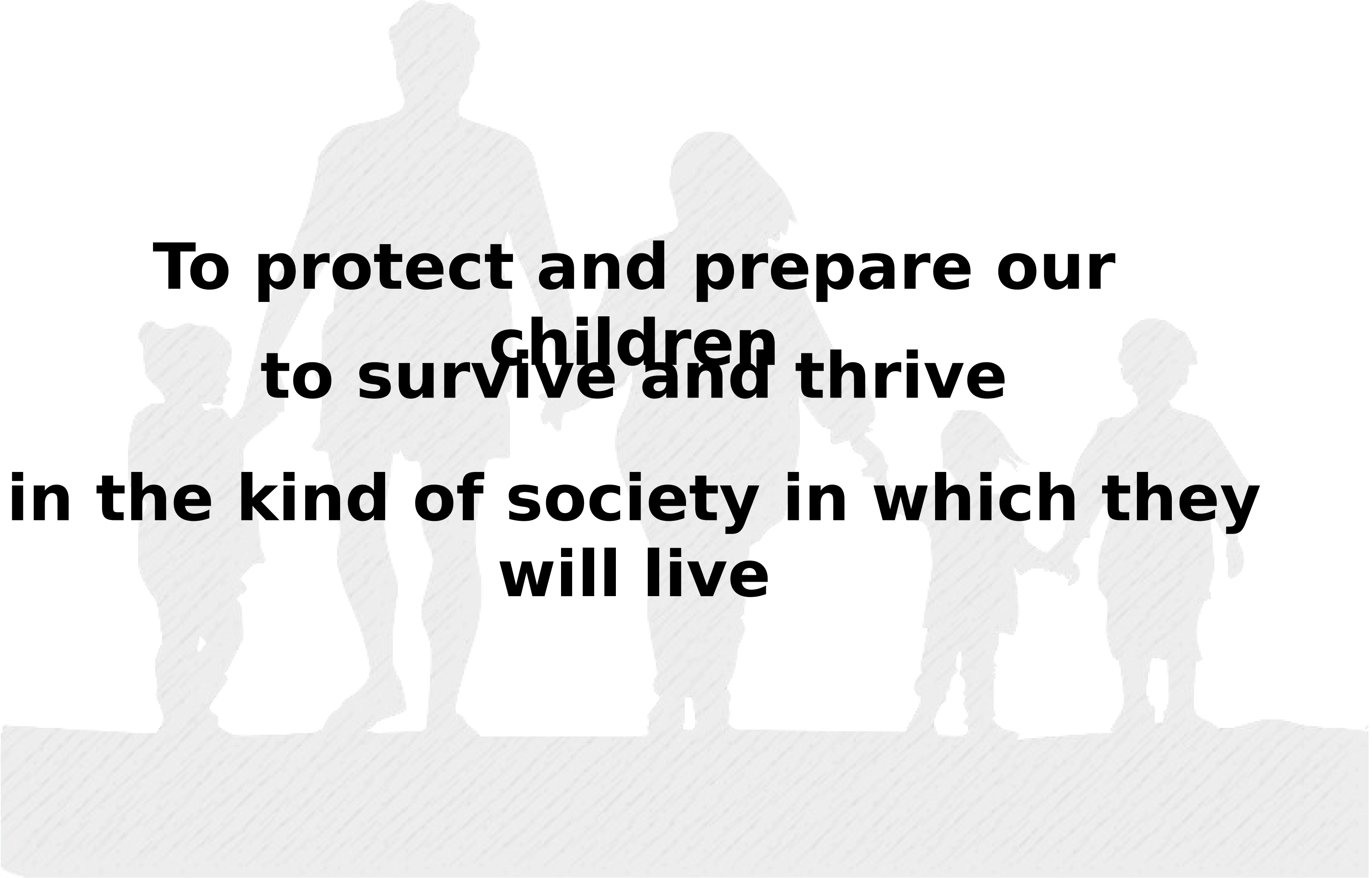
Mentally

Emotionally

Socially

Spiritually

# The Purpose of Parenting



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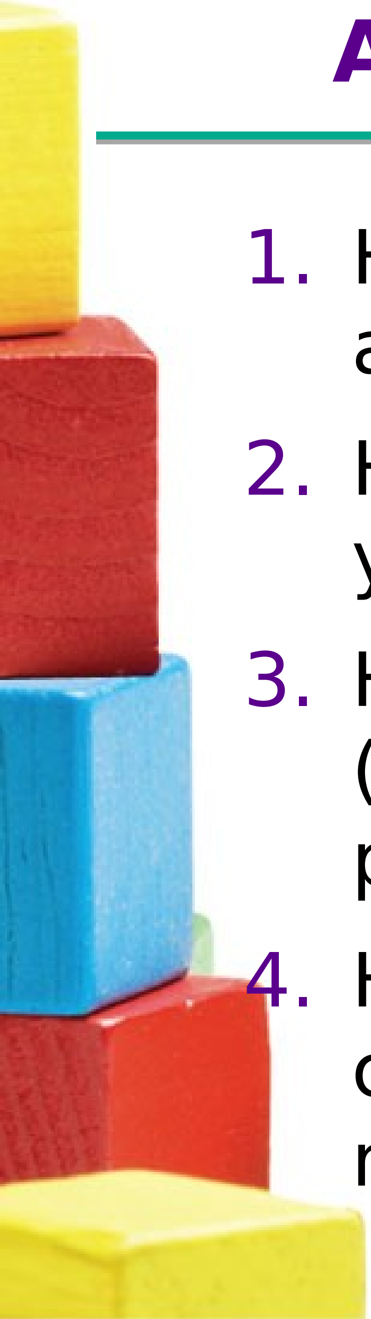

# Age-Appropriate Behavior

1. Helps you understand your child’s job at different ages.
2. Helps you not expect too much from your child too soon.
3. Helps you prevent serious problems. (Remember: Your #1 job is "To protect.")
4. Helps you provide safe ways for your child to do her job and be ready to move on to the next stage.

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# Birth to 1: The Baby

## Description:

- Helpless to survive and thrive on her own
- Needs your care… by design!
- Responds well to hugs, kisses, smiles, sweet talk, and other forms of nurture
- Very active learner
- Cries because she is hurting or needs something.
- Needs you to pay attention and respond when she wants to coo, babble, talk, or smile at you
- Loves gentle movement like walking, rocking, and dancing

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# Birth to 1: The Baby

## Child’s job #1:

To take in whatever she can— your love, nourishment, attention, and energy –in order to survive and thrive.

## Child’s slogan:

“Love me by feeding me, hugging and kissing me, talking to me, singing to me, and caring for my every need.”

## Parent’s job #1:

To protect and nurture this precious gift because her life depends on it

# Age 1-2: The Explorer

## Description:

- Walks without help… then darts and dashes
- Reaches and tries to touch everything
- Puts everything in his mouth
- May bite, hit, or kick
- Doesn’t understand “breakable”
- May be prone to injuries

# Age 1-2: The Explorer

**Child’s job #1:**

To get to know the world by seeing, hearing, touching, tasting, and smelling everything

**Child’s slogan:**

“Check it out!”

**Parent’s job #1:**

To provide safe places where he can explore

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# Age 2-3: The Boss

## Description:

- Wants to do more, try new things “by myself”
- May get angry if you get in her way
- Gets frustrated when she can’t do things

- May have tantrums
- Likes to use the word “no”
- Tests everything: rules, your limits, her own skills
- May be ready for potty training

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# Age 2-3: The Boss

**Child’s job #1:**

To test the limits of his new power

**Child’s slogan:**

“I want what I want when I want it!”

**Parent’s job #1:**

Set limits firmly and calmly while allowing the child freedom to experience his power within those limits.

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# Age 3-4: The Pal

## Description:

- More able to follow rules and cooperate
- Likes to play with others
- Better at talking; may talk a lot
- At times brave, at times insecure
- May tell tall tales
- Interrupts for attention

# Age 3-4: The Pal

**Child's job #1:**

To learn how to get along with others

**Child's slogan:**

"You've got a friend."

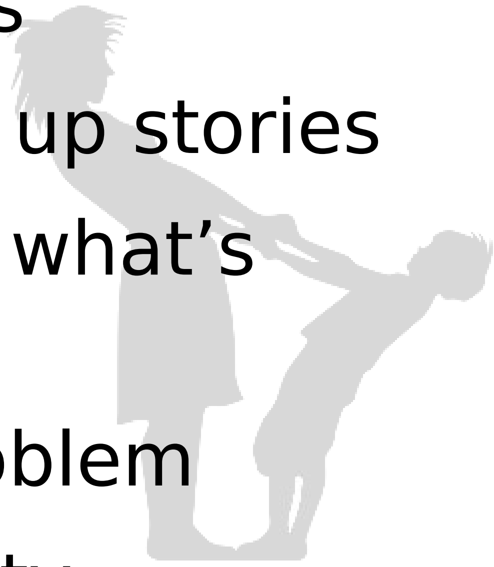
**Parent's job #1:**

To develop routines and provide opportunities for playing with others

# Age 4-5: The Adventurer

## Description:

- Always on the go, often “out of bounds”
- Tests new skills and abilities
- Plays make-believe; makes up stories
- May get confused between what’s true and not true
- Sibling rivalry may be a problem
- May challenge your authority



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# Age 4-5: The Adventurer

**Child’s job #1:**

To challenge himself and others

**Child’s slogan:**

“To boldly go where I have never gone before”

**Parent’s job #1:**

To build on child’s strengths while continuing to limit out-of-bounds behavior

# Your Child’s Temperament

Temperament (or “Nature”)

Experience

+ Free will

Who a Child Becomes

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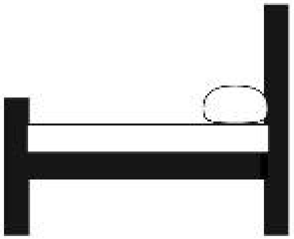
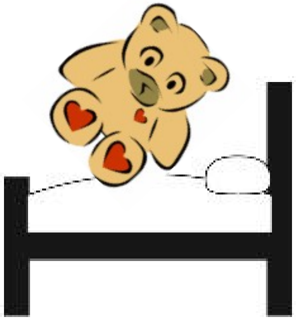
# Parenting Styles

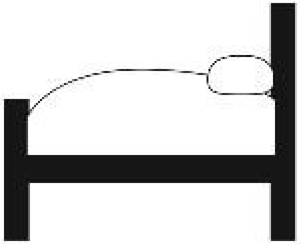
**“Too Hard”**



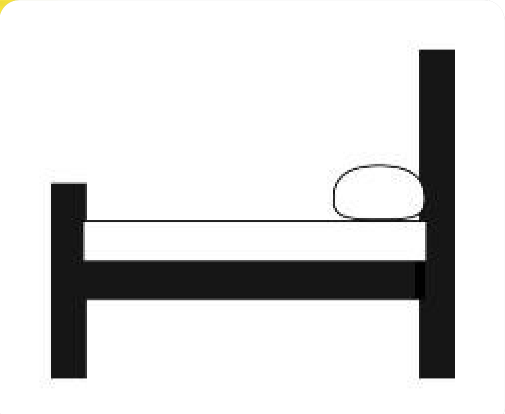
**“Just Right”**



**“Too Soft”**

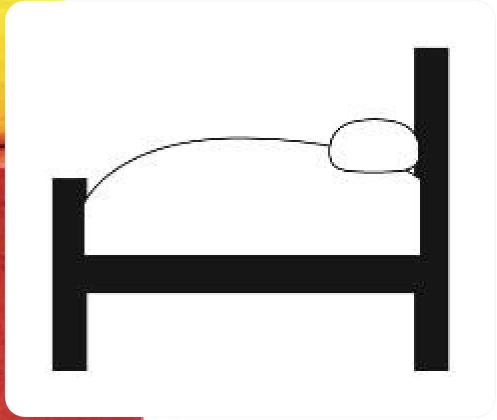


# Examples of the "Too Hard" Style



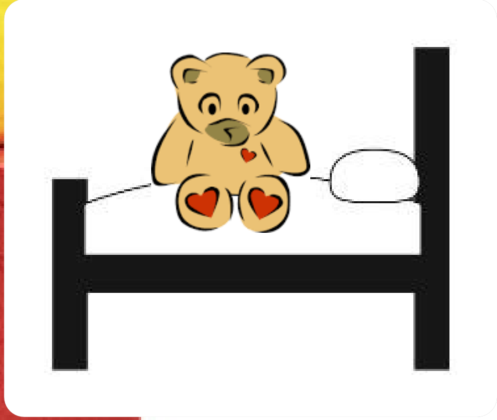
- Having too many rules or too-strict rules
- Commanding your child to follow your orders like an army general
- Punishing your child, often harshly,
  when she makes a mistake
- Expecting your child to act like a little grown-up rather than a child who is learning

# Examples of the "Too Soft" Style



- Buying things for your child all the time
- Giving him sweets whenever he asks for them
- Letting him stay up late at night
- Letting him boss you around
- Ignoring him when he's being too wild, especially in public places

# Examples of the “Just Right” Style



- Establishing clear and firm rules and boundaries
- Allowing freedom within those boundaries
- Giving lots of love
- Setting a good example
- Understanding what your child needs

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**MINDFUL MOMENT**

# Introduction to Mindfulness

## Mindfulness is:

- Paying attention
- Fully
- In the present moment
- On purpose

## It helps us:

- Calm down by moving THROUGH strong feelings.
- Manage stress.
- Stay present – in relationships and in life.
- Be better parents! (Children benefit from being with us at OUR BEST!)

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MINDFUL MOMENT

# The Mind Jar

Let’s start with the **MIND JAR.**

- Imagine that the jar represents our minds.
- Right now it is in a relaxe calm state.
- But at times, daily life as a parent can be pretty stressful.

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**MINDFUL MOMENT**

# The Mind Jar

When the liquid is stirred up…

- How does the jar look?
- These are the thoughts and distractions that stress us.

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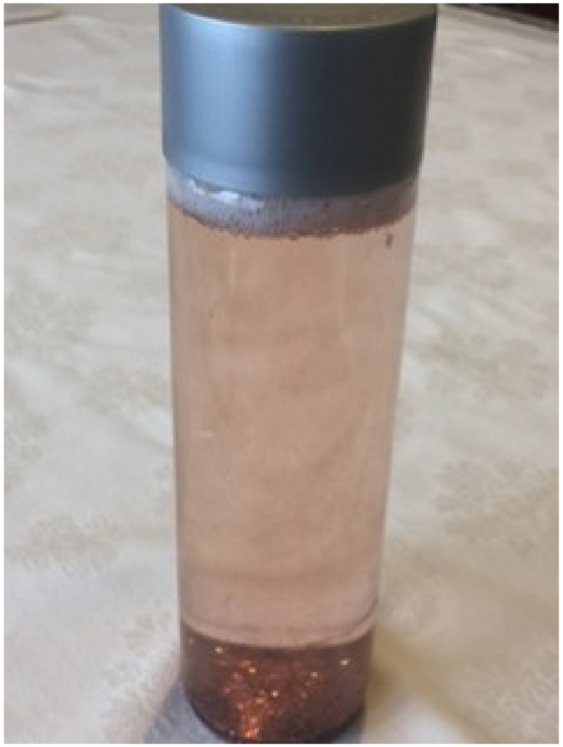
**MINDFUL MOMENT**

# The Mind Jar

Bringing your attention back to the room:

- How does the mind jar look now?
- All those thoughts and feelings are still there.
- But they rest at the bottom.
- You may choose which to think about – one at a time, if you like!



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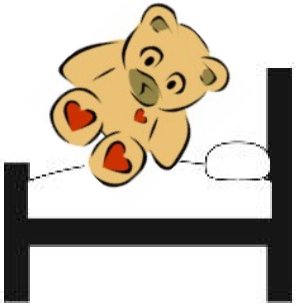
**SESSION 1**

**Video #3**

# Parenting Styles and the Method of Choice

# Parenting Styles

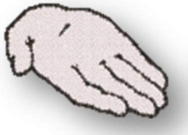
**“Just Right”**



♥ **“Just Right” Style = “Active” Style**

# The Method of Choice

Don’t Boss.

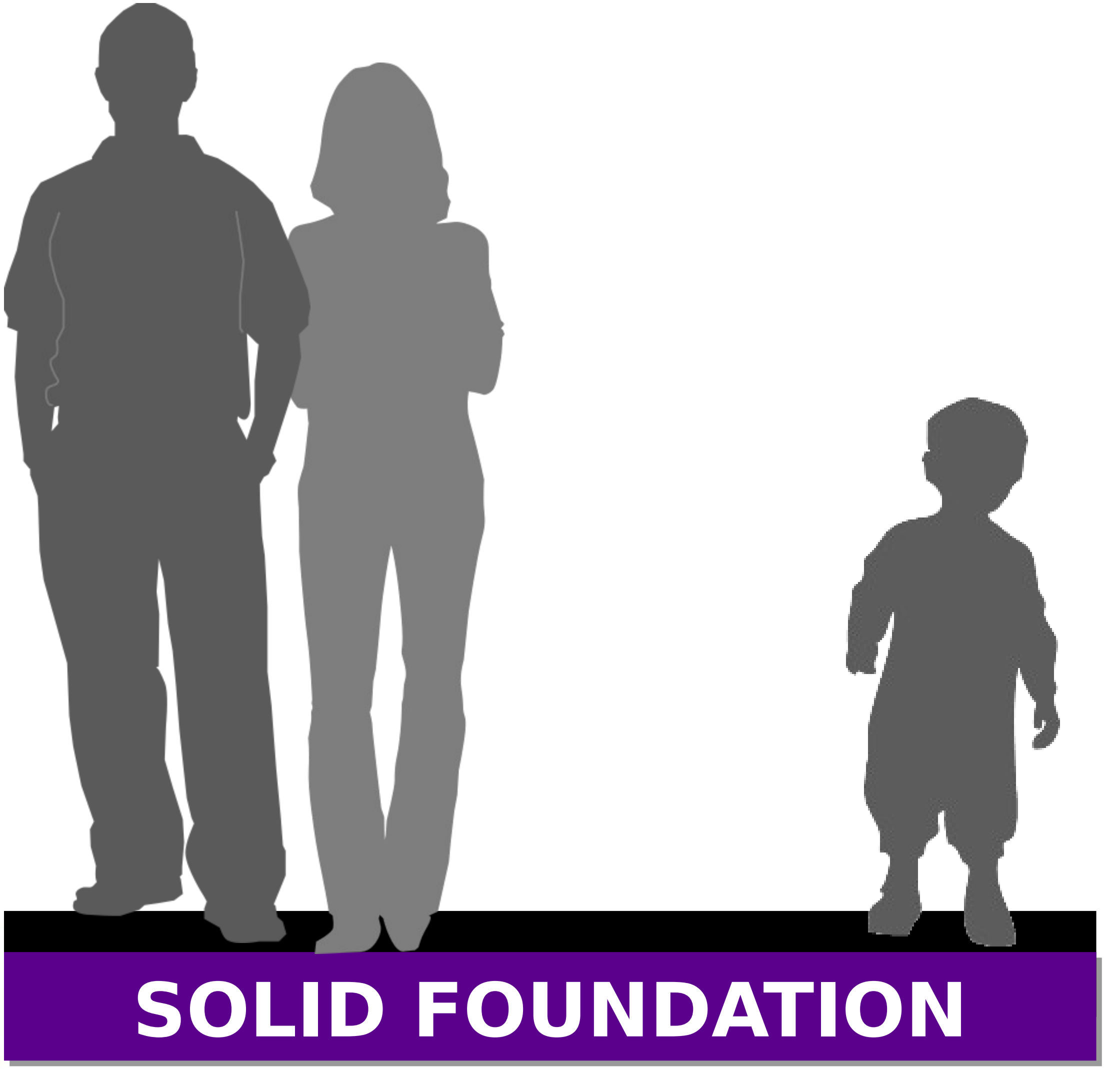


***Give a choice.***

**With young children…**

- Offer only two options.
- Make sure both options are OK with you.
- Don’t make everything a choice.

# Building the Bond


SOLID FOUNDATION

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# Love—Nurture—Connect

**How we build the bond:**

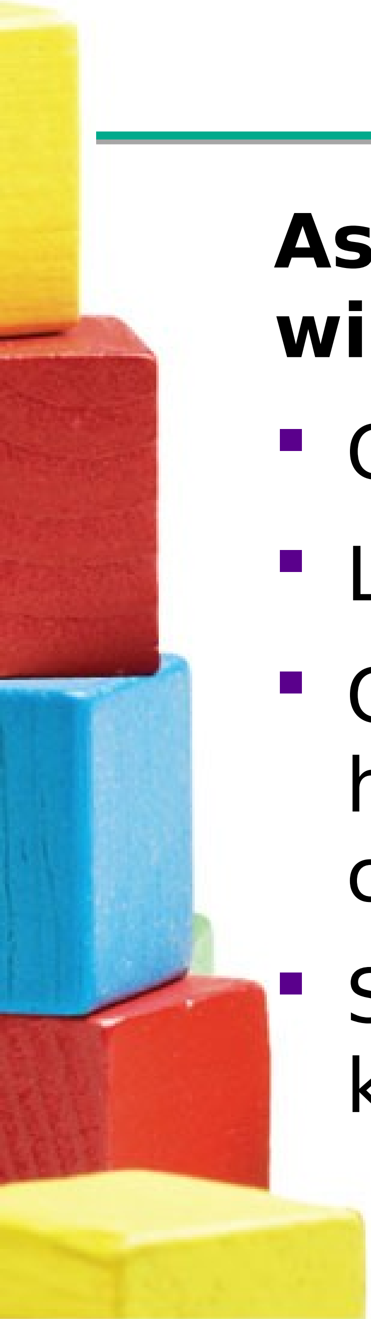
- Playing together
- Laughing together
- Hugging, kissing, holding, cuddling
- Talking and reading to your baby/child
- Protecting them
- Soothing, calming, and caring for them

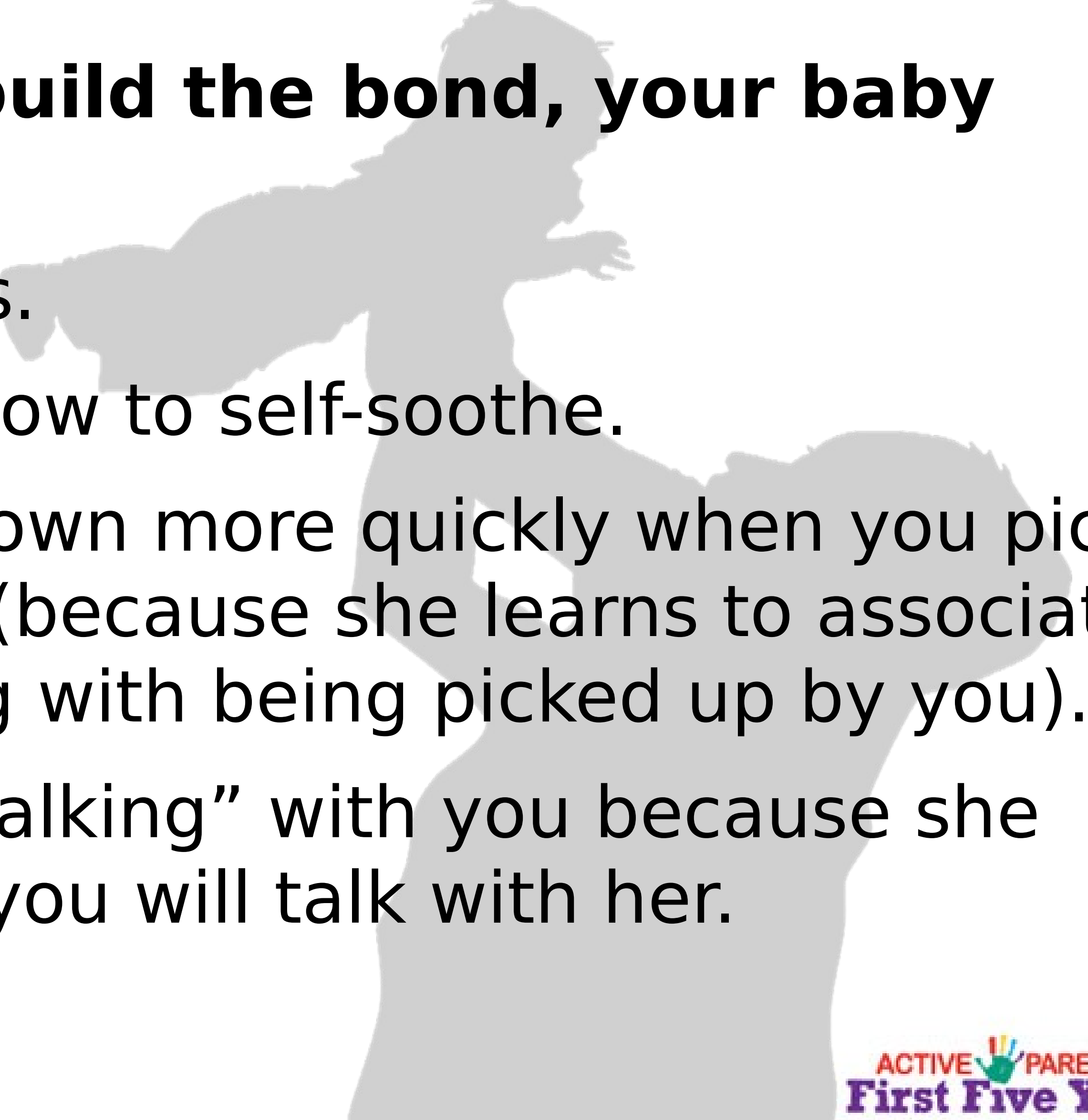
SESSION 1

Video #4

# Building the Bond: Never too Early, Seldom too Late

# Bonding with Baby





**As you build the bond, your baby will:**

- Cry less.
- Learn how to self-soothe.
- Calm down more quickly when you pick her up (because she learns to associate calming with being picked up by you).
- Start “talking” with you because she knows you will talk with her.

# FEELINGS (EMOTIONS)

- **Happiness**
- **Sadness**
- **Fear**
- **Anger**
- **Surprise**
- **Disgust**

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# What do feelings do for us?

They give us information about what to avoid, change, or connect with.

They give us motivation to do something to change things.

They give us color to enjoy life more richly.

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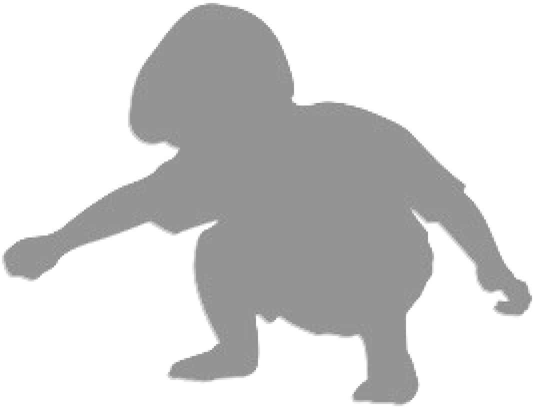
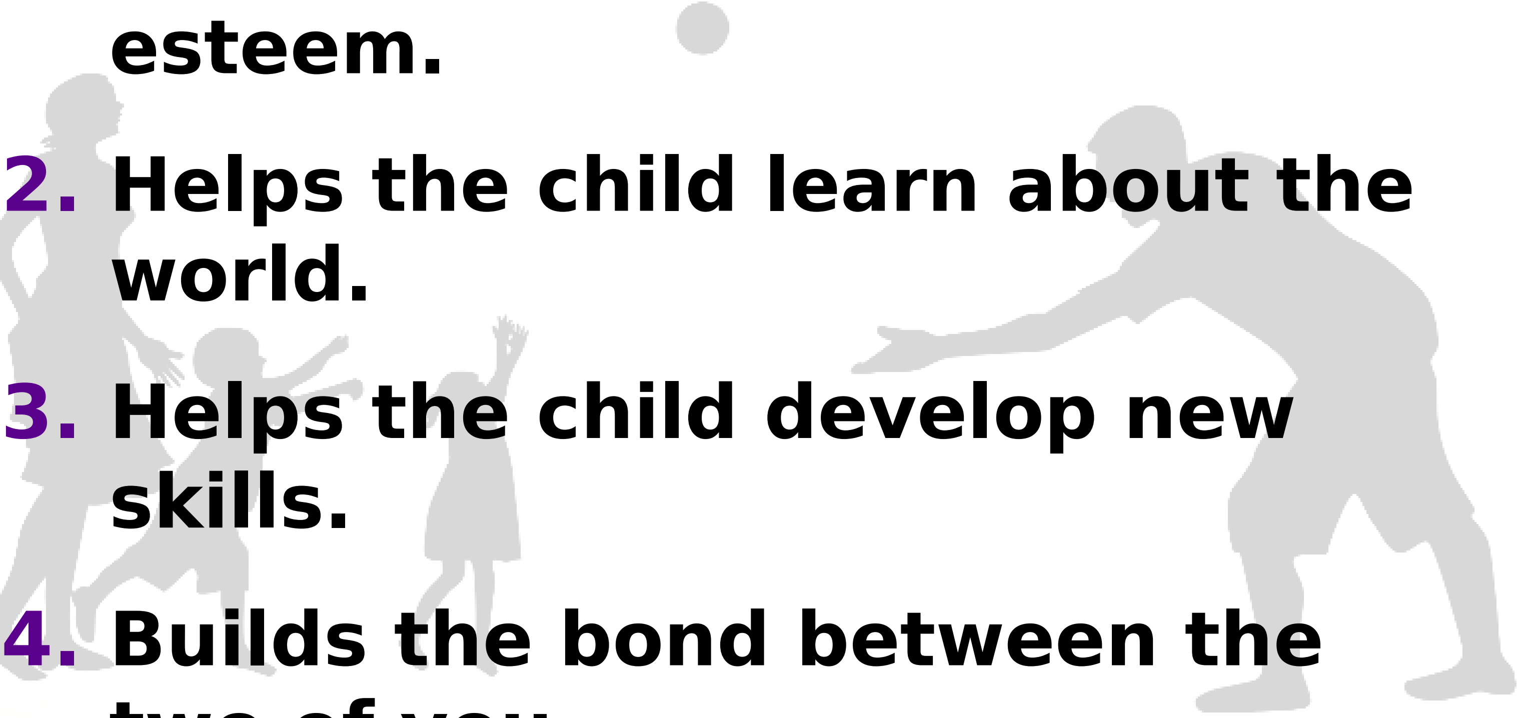
# How are feelings expressed?

1. **Facial expressions**
2. **Tone of voice**
3. **Behavior (or misbehavior)**
4. **Words**



# Every Day a Little Play



**Playing with your child…**

1. **Is great for the child's self-esteem.**
2. **Helps the child learn about the world.**
3. **Helps the child develop new skills.**
4. **Builds the bond between the two of you.**

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## SESSION 1

**Video #5**

# Every Day a Little Play

**BRAIN-BUILDING ACTIVITY**

# Mirroring

Mirroring is a great way to practice following your child’s lead.

“Following the lead” helps children:

- Know they are important.
- Develop self-control
- Learn to handle “big feelings.”

And mirroring is where **empathy** begins!

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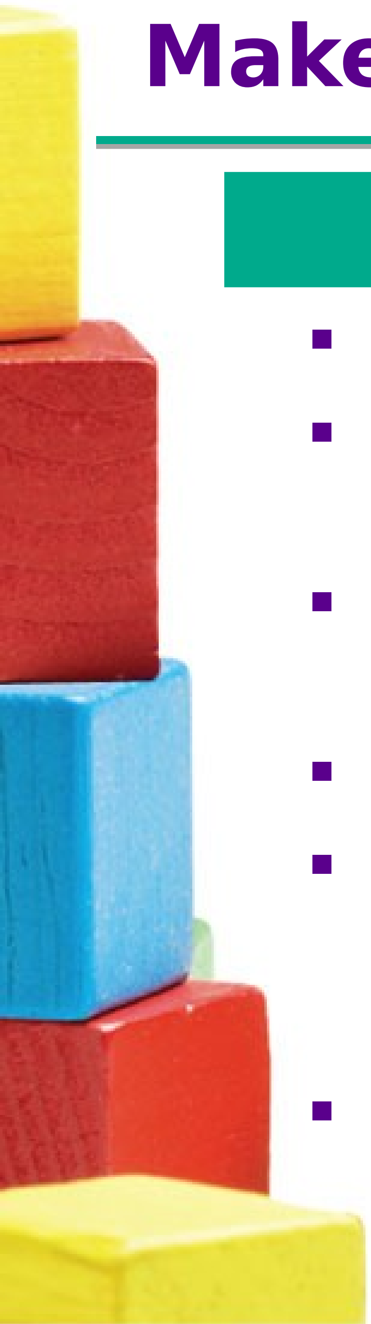

# Make-Believe Tea Party Instructions

## CHILD

- Take the lead.
- Interact with the Parent.
- Serve tea and food.
- Ask for items.
- Explore the make-believe cups, teapot, food, etc.
- Do whatever you wish!

## PARENT

- Follow the Child's lead.
- Don't ask a lot of questions or take charge.
- Make the same motions as the child.
- Accept what she offers.
- Describe what you see her doing.

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# Self-Care

**“Too Hard”** **“Just Right”** **“Too Soft”**

**Types of self-care:**

- Healthy body
- Healthy mind
- Talk with other adults.
- Get organized.

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